

ABSTRACT

An apparatus and method for an exercise apparatus incorporating sensor means 30 for translating body movement imparted to the exercise apparatus by the user 20 that is measured and transmitted to a video game 34 as commands generated by the sensor enhanced exercise apparatus forming the user control interface 36. The exercise apparatus 10 has a platform 12 with a resistive member 14 extending therefrom along with arms 16 fastened to the resistive member forming a cradle for the user 20 and extending outwardly terminating in hand grips 18. The present invention 10 moves and senses motion in the transverse 24, anterior-posterior 26 and longitudinal 28 axis.